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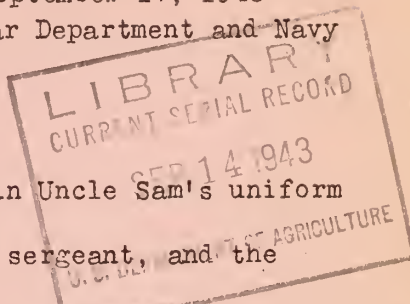
homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Friday, September 17, 1943

SUBJECT: K-P TIPS FOR YOUR KITCHEN. Information from War Department and Navy Department.



Like the famous Private Hargrove, almost every boy in Uncle Sam's uniform has some good stories to tell about his hard-boiled mess sergeant, and the strenuous days he's spent on K P. But peeling potatoes and scrubbing pans are just a small part of the tremendous job of feeding the boys in khaki and Navy blue, too.

If you have cooking problems-- just imagine how you'd feel if you had to feed several hundred men three times a day! But even though the mess sergeant, and the commissary steward aboard ship, have a big job to do, they use a number of little "tricks of the trade" -- and the same tricks may help you in your own kitchen.

The Army and Navy have a slogan that deserves a place in every home in the country. The slogan is: "Take all you want-- but eat all you take." The men are encouraged to eat all they want, and to have second and third helpings. But they can't leave food on their plates. In some Army camps the men scrape their plates as they leave the mess hall, and a man is posted at the door to see that good food doesn't go into the garbage. If a soldier hasn't cleaned up his plate-- he's sent back to finish eating it.

The Army keeps such a careful check on food waste, that at one camp in Oklahoma, after 472 men had finished a meal one noon, there were only 12 pounds of scraps left over.

One good tip on ~~saving~~ food comes from Camp Davis, N. C., where it's been found that quantities of bread are saved each meal just by cutting the slices of bread into halves. A similar tip comes from the Navy: the cooks cut oranges, pears,



and other fruit into halves before serving them. The Navy also encourages the men to use jam in place of butter on their bread.

Both the Navy and the Army use the smart idea of putting dressing on salad when the salad is served. You know salad greens won't stay crisp after the dressing has been added...but leftover salad greens minus dressing can be kept nicely for another meal.

Navy men are, by tradition, great coffee drinkers. Here's why Navy coffee is good: the cooks are instructed to use ground coffee only once... use freshly boiling water...make only enough coffee for one meal, and prepare it no earlier than 15 minutes before mealtime... And the coffee kettles are so clean that when they're empty they have no odor of coffee.

The Navy emphasizes one of the simplest-- and most disregarded-- ways of making food attractive-- hot foods should be served hot, and cold foods, cold. Overcooking of vegetables is "tabu"-- it destroys vitamins, and ruins the texture of the vegetables. And since the Navy boys don't like greasy soup any better than your family does, the cooks cool the soup after it's cooked, until the fat hardens...then they remove the fat and re-heat the soup for serving.

Speaking of fat, the Army and Navy are just as careful as you are when it comes to making the most of cooking fats, and salvaging used-up fats for war purposes. Army mess kitchens and Navy galleys get new fats only for making pastries, so for such things as frying and making gravy, the cooks use meat drippings.

Every cook is interested in stretching meat supplies...and the Army and Navy cooks have some good pointers on that subject. In an experiment, the Army roasted three lots of beef, each one weighing 100 pounds. Each lot of beef was put into an oven of different temperature...the first oven was very hot, 500 degrees Fahrenheit,...the second was hot, 400 degrees Fahrenheit and the third was a slow oven, 300 degrees Fahrenheit.

The beef in the very hot oven was done first, but when the cooks took it out and weighed it, they had only 56 pounds of meat-- just a little more than

half the original weight. The beef from the second oven, the hot one, took a little longer to roast, and when it was done, it weighed only 78 pounds-- about three-fourths of its original weight.

The meat in the slow oven took the longest period of time to roast, but when it was done it weighed in at 88 pounds-- about seven-eighths of its original weight.

In the very hot oven, the beef ~~shrunk~~ almost half...in the hot oven, it shrank one-fourth... and in the slow oven it lost only an eighth of its weight. That's a handy thing to remember next time you have a roast for Sunday dinner.

The Army and the Navy know good food is one of the greatest morale builders of the fighting forces. They plan meals to give variety, and at the same time to include all the same basic foods you try to give your family-- fruits and vegetables, proteins, fats, cereals and breads, and milk. They dress up the food with garnishes such as slices of tomato or lemon...or parsley, green pepper, or paprika. Far from being extravagant, these little extras make the main dishes more attractive...which means fewer leftovers.

The men who handle the food supplies for our fighting men have a tremendous job... buying and transporting food, planning meals, cooking and serving. But they're always alert to new ideas on cutting down waste, and making the most of their food supplies... because they realize that in this war, at home and at the front, food is a fighting weapon.

